

40681 | Cook Asia | 60x30g

## Cook Asia Royal Indian Appetiser Selection

A delicious combination of sweet potato bhajis, mushroom and spring onion pakoras, and butternut squash samosas

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### Description

Legal Product Name	Royal Indian Appetiser Selection of Sweet Potato Bhaji, Mushroom & Spring Onion Pakora, Butternut Squah Samosa
Unique Marketing Statement	A delicious combination of sweet potato bhajis, mushroom and spring onion pakoras, and butternut squash samosas
Brand Name	Cook Asia
Country of Origin	China

### Ingredients

Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	20
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	762 kJ
Energy (Kilocalories)	181.667 kcal
	6.1 g
	0.966667 g
Carbohydrate	24.3667 g
Sugars	3.46667 g
Dietary Fibre, Total	4.8 g
Protein, Total	4.93333 g
Salt	1.6 g
Sodium	644.333 mg

### Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May Contain
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	May Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Reconstitution Instructions	Cook from frozen
Oven From Frozen	BHAJI AND PAKORA: 180°C for 12 - 14 minutes. Place on a wire rack over a baking tray in a preheated oven and heat for time stated above. Do not reheat.
Microwave Instructions	n/a
Microwave Instructions From Frozen	n/a
Fry	n/a
Fry From Frozen	SAMOSAS: Fry for 5-6 minutes until golden brown. Remove from oil and place on paper towel to absorb excess oil.
Grill	n/a
Grill From Frozen	n/a
Other From Frozen	n/a

## Packaging

Do you have any packaging environmental claims?	FE
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# Multi-Pack Component: Sweet Potato Bhaji

## Description

Legal Product Name	Sweet Potato and Onion blended with Gram flour and Spices
Country of Origin	China

## Ingredients

Ingredients	Sweet Potato (25%), Onion (20%), Gram Flour, Cauliflower, Water Chestnut (10%), Self-raising <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Yeast, Glucose), Coriander, Corn Oil, Salt, Sugar, Chilli Powder, Garlic Purée, Ginger Purée, Turmeric Powder, Cumin Powder, Baking Powder (Raising Agent: Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates; Calcium Carbonate, Acidity Regulator: Citric Acid; Cornstarch), Ginger Powder, Black Pepper Powder, Acidity Regulator: Citric Acid; Cinnamon Powder, Fenugreek Seed Powder, Clove Powder.
Contains GM Ingredients	No

## Nutrition

Servings per Consumer Unit (Inner)	20
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	815 kJ
Energy (Kilocalories)	195 kcal
	6.7 g
	1 g
Carbohydrate	24.1 g
Sugars	4.2 g
Dietary Fibre, Total	5.9 g
Protein, Total	6.5 g
Salt	1.8 g
Sodium	729 mg

## Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May Contain
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	May Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Preparation Suggestions

Is the product ready to eat?

no

# Multi-Pack Component: Mushroom and Spring Onion Pakora

## Description

Legal Product Name

Mushroom and Onion blended with Spices

Country of Origin

China

## Ingredients

Ingredients

Oyster Mushroom (33%), Onion (28%), Self-raising **Wheat** Flour (**Wheat** Flour, Yeast, Glucose), Cabbage, Coriander, Potato, Spring Onion (3%), Corn Oil, Salt, Turmeric Powder, Cumin Powder, Raising agent: Sodium Bicarbonate; Chilli Flakes, White Pepper Powder, Black Pepper Powder, Garlic Purée.

Contains GM Ingredients

No

## Nutrition

Servings per Consumer Unit (Inner)

20

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	845 kJ
Energy (Kilocalories)	202 kcal
	10.1 g
	1.6 g
Carbohydrate	20.0 g
Sugars	3.3 g
Dietary Fibre, Total	6.0 g
Protein, Total	4.9 g
Salt	2 g
Sodium	808 mg

## Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May Contain
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	May Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Preparation Suggestions

Is the product ready to eat?	no
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# Multi-Pack Component: Butternut Squash Samosa

## Description

Legal Product Name	Butternut squash, red pepper, onion and spices wrapped in pastry.
Country of Origin	China

## Ingredients

Ingredients	Filling (Butternut Squash (35%), Red Bell Pepper (12%), Onion (9%), Sugar, Coriander, Corn Oil, Salt, Coriander Seed Powder, Chilli Powder, Cinnamon Powder, Acidity Regulator: Citric Acid; Water, Fennel Seed, Cumin Seeds, Chilli Flakes, Black Pepper Powder, Ginger Powder, Clove Powder), Pastry ( <b>Wheat</b> Flour, Water, Corn Oil, Salt).
Contains GM Ingredients	No

## Nutrition

Servings per Consumer Unit (Inner)	20
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	626 kJ
Energy (Kilocalories)	148 kcal
	1.5 g
	0.3 g
Carbohydrate	29.0 g
Sugars	2.9 g
Dietary Fibre, Total	2.5 g
Protein, Total	3.4 g
Salt	1 g
Sodium	396 mg

## Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	May Contain
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	May Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Preparation Suggestions

Is the product ready to eat?

no